

When past
becomes present



Can Help

Gyan Psyche is offering free EMDR sessions

What is EMDR?

EMDR (Eye Movement Desensitization and Reprocessing) is an evidence-based therapy that helps you heal from anxiety, stress, and unresolved past experiences.

What can we assure?

- ✓ Safe & supportive sessions
- ✓ Conducted by a licensed Clinical Psychologist
- ✓ Limited slots as part of professional EMDR training

What can you do?

- ✉ Book your free session:
- 🌐 Visit gyanpsyche.in
- ✉ dr.pragnya.n@gyanpsyche.in
- 📱 WhatsApp: 917569229953



Gyan Psyche Mental Health Services
Unravel the past, embrace the present, and build a future.